

THE CSF MONTHLY AT FREDERICK DOUGLASS

Official Newsletter of Community Services Foundation



The programs at Frederick Douglass Community Center are provided in partnership with Community Services Foundation (CSF), Midcity, Pratum Companies, DC Central Kitchen (DCCK), Capital Area Food Bank (CAFB), and Frederick Douglass Housing Corporation, and funded, in part, by the Frederick Douglass Foundation and a Learn24 grant.

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Community Manager
Andrell Milner



Assistant Site Coordinator
Alexis Jackson

Site Coordinator
April Jones

E-Mail: freddougsc@csfnd.org | **Phone:** 202-889-3850

Letter from the Program Director

Written by John Mensah



"Of all the months of the year there is not a month...so welcome to the young, or so full of happy associations, as the last month of the year." — Charles Dickens.

As we enter this festive season, be assured that Community Services Foundation, through our partnership with your apartment community, is focused on ensuring we provide services that will enhance the lives of all residents.

We have made a firm commitment to helping our youth and teen learners academically and socially through our wonderful and exciting After-School Program. Be sure your child participates in our Native American and Indigenous People presentation that is scheduled for December 6th at 4:15pm. Thanks to a generous donor, every child enrolled will receive a gift this month! With limited spaces available, now is the time to enroll your child to avoid the waiting list.

We will also work to ensure our Adults and Seniors receive enriching online and in-person programs designed to promote personal growth and well-being. From career and job readiness workshops to financial literacy and health and wellness classes, these programs are designed with you in mind. Whether you're joining us at the community center or participating from the comfort of your home, our team is ready to assist you with resources, guidance, and information.

Thanks to our partnership with your apartment community, all of our programs are free of charge. We aim to make the community center your go-to resource for enhancing your quality of life. Your ideas are welcome—reach out to us through your community center site coordinator or call our main office at 301-925-4251. You can also email us at programs@csfnd.org with your questions and inquiries.

DECEMBER EVENTS AT A GLANCE

- ❄️ **Center Closed:** December 25 & January 1
- ❄️ **Open Rec from 11 AM - 6 PM:** December 23, 26-27, & 30
- ❄️ **Open Rec from 11 AM - 2 PM:** December 24
- ❄️ **Open Rec from 11 AM - 3 PM:** December 31
- ❄️ **Parent Meeting:** December 18 at 6:15 PM
- ❄️ **Native American and Indigenous People Presentation:** December 6 at 4:15 PM

Community Manager Message

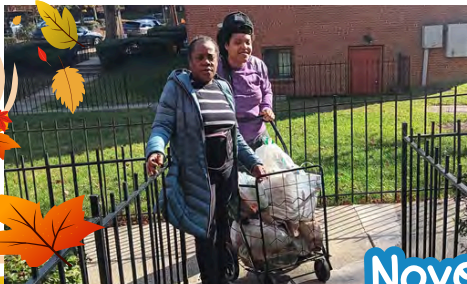
Dear Residents,

Thank you for your continued residency and cooperation as we close out 2024. It is our hope that you and your family will have the happiest of holiday seasons.

We ask that you report any needed repairs as quickly as possible. Promptly notifying the rental office of repairs will allow us to quickly address the concern and ensure that you are able to enjoy the remainder of the holiday season.

We also ask that you dispose of your trash as quickly as you can. December is a month when we often have more garbage than usual and this will help with our trash collection efforts.

Finally, as we approach the conclusion of 2024, we look forward to ushering in a new month and year with zeal and excitement! We are grateful for the opportunity to serve you in 2024 and look forward to serving you in 2025.



November
HIGHLIGHTS

Adult & Senior Education Updates

Written by Tiffani Grier

Our adult education classes remain a vital resource, empowering community members with new skills and knowledge through flexible daytime and evening sessions. Please join us for extra guidance during this holiday season.

Whether you're looking to learn a new skill, stay fit, or simply connect with others, we have something for everyone. These classes are a great way to meet fellow residents, learn something new, and have fun from the comfort of your home! Feel free to invite friends and family members to join us in these exciting opportunities.



Monday - Thursday

Zoom

Meeting ID:

815 157 8441

Passcode: **760960**

CSF'S ADULT & SENIOR EDUCATION SCHEDULE

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



Monday - Thursday

Zoom

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Youth & Teen Education Updates

Written by Tiffani Grier

As we enter December, Community Services Foundation's (CSF) Learning Lab continues to thrive, providing impactful academic enrichment and project-based learning opportunities Monday through Thursday.

This fall, we've expanded our reach by including middle school students, whose participation and enthusiasm for S.T.E.A.M. (Science, Technology, Engineering, Arts, and Mathematics) projects have grown each week. These hands-on activities have fostered creativity, teamwork, and critical thinking skills across all grade levels, while our Targeted Instruction and Curriculum Team supports individual growth through tailored IXL assignments, certified teacher-led homework help, and innovative weekly themes like Artistic Creations, Environmental Science, and Space Discovery.

November brought inspiring milestones, including our Vibrant Voices Hispanic Heritage Month celebration, where students shared cultural insights through presentations and crafts, and the continuation of Native American Heritage Month studies, which will culminate in a celebration honoring Native contributions during the first week of December.



Learning Lab
Microsoft Teams
Meeting ID:
217 270 189 626
Passcode:
uc8kow



bit.ly/3YZZzcC



Learning Lab focused on Showing Gratitude and Native American History Month in November



Parent Meeting

Come hear about updates to our programming, activities, and nutritional health tips that every family can enjoy. It's virtual and only lasts 30 minutes.

You can also win a prize for attending!

Our next meeting is **Wednesday December 18** at 6:15 PM.



bit.ly/4i0sAxq



Parent Meeting
Microsoft Teams
Meeting ID:
213 292 635 294
Passcode:
Rt7HJ6P4

Health & Wellness

Written by Janel Patrice, BS, MA

The Month of December is identified as the most difficult time of the year for mental health challenges. December is also designated as “Seasonal Affective Disorder” Awareness Month. Reduced daylight and cold weather impacts moods and well-being.

This month is inclusive of the holidays, and the loss of family members and friends, can be overwhelming emotionally. For many people, the holidays lead to a massive disruption in day-to-day routines. But maintaining healthy habits like talking with friends, family, and even being open to therapy, getting proper sleep, and exercising, are critical to keeping your mental health on track. The following are things you can do:

1. Accept Your Feelings
2. Maintain Healthy Habits
3. Set Boundaries
4. Make Time to Connect

Enjoy the Holidays! Connect with a friend! Stay in prayer and in peace!

Happy Holidays from the Mental Health Support Staff at Community Services Foundation



SHOW CARE FOR YOUR MENTAL HEALTH




DECEMBER

2024

Youth & Teen Calendar


MONDAY

2 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Make a Headband / Tie-Dye Activity



TUESDAY

3 Afterschool Club
2-6 PM
Learning Lab
4-5 PM



WEDNESDAY


4 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Puzzle Activity

THURSDAY

5 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Round Table Discussion

FRIDAY

6 Afterschool Club
2-6 PM
Game Day
Native American and Indigenous People Presentation
4:15 PM



9 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Physical Activities - Dodgeball, Touch Football, & Hide & Seek

10 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
TikTok Dance Challenge



11 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Arts & Crafts

12 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Health & Wellness Posters



13 Afterschool Club
2-6 PM
Game Day


16 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Eating Healthy - Make your own salad supper

17 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
TikTok Dance Challenge



18 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
PARENTS MEETING
6:15 PM

19 Afterschool Club
2-6 PM
Learning Lab
4-5 PM




20 Afterschool Club
2-6 PM
Family Game Night
5-7 PM

23 OPEN REC
11 AM - 6 PM
Share your gift event for residents & students

24 OPEN REC
11 AM - 2 PM
Movie Day
CLOSING AT 2 PM



26 Afterschool Club
2-6 PM
Learning Lab
4-5 PM
Round Table Discussion



27 Afterschool Club
2-6 PM
Game Day



30 OPEN REC
11 AM - 6 PM
Make a t-shirt / Build your own brand

31 OPEN REC
11 AM - 3 PM
Musical Chairs
CLOSING AT 3 PM



HAPPY NEW YEAR
2025
CLOSED



DECEMBER

2024

Adult & Senior Calendar

MONDAY

2
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM -
12 PM, 7-8 PM



TUESDAY

3
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM



WEDNESDAY

4
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

THURSDAY

5
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM

FRIDAY

6
In-Person
Adult &
Senior Time
10 AM-1 PM



9
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

10
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM



11
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

12
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM

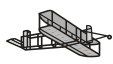


16
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

17
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM



18 In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM
PARENTS MEETING
6:15 PM

19
In-Person
Adult &
Senior Time
10 AM-1 PM

Virtual Class
Learning
7-8 PM



20
In-Person
Adult &
Senior Time
10 AM-1 PM

23
**CLOSED
FOR
ADULTS**

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

24
**CLOSED
FOR
ADULTS**



26
**CLOSED
FOR
ADULTS**

Virtual Class
Learning
7-8 PM



27
**CLOSED
FOR
ADULTS**



30
**CLOSED
FOR
ADULTS**

Virtual Class
Learning
10 AM - 12 PM,
7-8 PM

31
**CLOSED
FOR
ADULTS**





Glenreed Community Center After School Club



Included for FREE:

- ✓ Fun STEAM Activities
- ✓ Homework Help
- ✓ Snack and/or Meal
- ✓ Digital Literacy
- ✓ Health & Wellness
- ✓ Hands-On Learning
- ✓ Character Development
- ✓ Virtual Games & Trivia
- ✓ Holiday & Days Off School Open Rec

Begins on August 26, the first day of school!

Register Now!

☎ (240) 770-4955
 ✉ glenreedsc@csfnd.org
 📍 3201 Reed Street
 Lanham, MD 20706



The programs are provided in partnership with Community Services Foundation, Mid City Development, Urban Atlantic, Edgewood Management Corporation, Maryland State Department of Education, Housing Opportunities Commission, Brentwood Associates Limited Partnership, Pratum Companies, Forest Heights Elementary School, St. Mark AME Church, Prince George's County Department of Family Services, MMS Group, FCP, Gates Hudson, and Langdon Park Capital. It is funded, in part, by the Office of the State Superintendent of Education (OSSE) and Nita B. Lowery 21st Center Community Learning Centers (CCLC). Grants provided by the Prince George's County Department of Family Services, a grant made possible through a partnership with Prince George's County Department of Family Services and Maryland State Department of Education, a generous grant provided by the District of Columbia, and a grant from Learn 24 provided by the District of Columbia.





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bit.ly/csfAdultEd

Monday - Friday
Zoom

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Contact us if you need information:

✉ programs@csfnd.org ☎ (301) 925-4251

